

# Happiness Activity

## Session (2025-2026)

### **Happiness Activity for Class VI-VIII**

#### **Month-April**

As part of the welcoming activities for the new academic session 2025-26, Gyan Mandir Public School conducted a Happiness Activity for students of Class VI to VIII. The activity aimed to promote positivity, well-being, and social bonding among students as they transitioned to a new academic year.

#### **Activity Overview:**

The Happiness Activity involved a series of engaging and interactive exercises that encouraged students to reflect on their strengths, gratitude, and relationships. Students participated in group discussions, shared their thoughts and feelings, and engaged in fun activities that fostered a sense of belonging and happiness.

#### **Class VI**

##### **Stick the Bindi:**

A face was drawn on the board, and students were asked to stick the bindi on the face at the correct place with their eyes blindfolded. Students took turns attempting to stick the bindi, relying on their sense of touch and spatial awareness. The activity was a fun way to promote teamwork, trust, and laughter.





## Class VII

### Happiness "Would You Rather" Activity:

A list of "Would You Rather" questions related to happiness was prepared (e.g., "Would you rather have a lifetime supply of your favorite food or be able to travel anywhere for free?"). The class was divided into small groups, and each group was asked to discuss and decide which option they preferred.

The groups engaged in lively discussions, weighing the pros and cons of each option. After reaching a consensus, each group shared their answers with the class, explaining their reasoning and preferences. The activity encouraged critical thinking, teamwork, and self-reflection on what brings happiness to each individual.

The "Would You Rather" questions sparked interesting conversations and debates, allowing students to learn from each other's perspectives and values. The activity promoted a positive and engaging classroom environment, focusing on happiness and well-being.





### **Class VIII**

#### **"The Human Web" Activity:**

The students of Class VIII B participated in "The Human Web" activity, where they passed a ball across their desks while sharing positive thoughts, happy memories, and uplifting experiences. As the ball was passed from one student to another, a web-like pattern emerged, symbolizing the connections, positivity, and sense of community within the group.

Through this activity, students bonded over shared experiences and thoughts, fostering a supportive and encouraging environment. The activity promoted a sense of belonging and togetherness among the students, highlighting the importance of positive relationships and interactions.

The "Human Web" activity was a meaningful way to cultivate happiness, empathy, and camaraderie within the class, creating a lasting impact on the students' relationships and overall well-being.





### **Learning Outcomes**

The Happiness Activity yielded several benefits for the students, including:

- Improved mental well-being: Students learned to focus on positive aspects of their lives and cultivate gratitude.
- Enhanced social connections: The activity helped students bond with their peers and build stronger relationships.
- Increased self-awareness: Students gained a better understanding of their strengths, weaknesses, and emotions.
- Positive attitude towards new session: The activity set a positive tone for the new academic year, helping students approach challenges with enthusiasm and optimism.
- Reduced stress and anxiety: The activity provided a relaxing and enjoyable experience, helping students manage stress and anxiety.
- Developed emotional intelligence: Students learned to recognize, understand, and manage their emotions in a healthy way.

### **Conclusion:**

The Happiness Activity was a resounding success, providing students with a valuable opportunity to cultivate positivity, self-awareness, and social connections. The activity had a lasting impact on the students' mental well-being and academic performance.